

Are you ready for

REUNION?

Photographs on slides 1, 30 and 44 courtesy of the U.S. Air Force and U.S. Navy; photographs on slides 3, 13, 14, 15 and 17 courtesy of the U.S. Navy; photographs on slides 2 and 10 courtesy of the U.S. Air Force; photographs on slides 1, 6 and 25 courtesy of the U.S. Army. All other photos are of models. The models have no relation to the issues presented.

Talk to a professional! This presentation kit is not a substitute for the advice of a qualified expert.

What is reunion?



Reunion is more
than “welcome
home.”



Agenda

- What to expect/how to prepare
- Planning for the big day
- Getting back to “normal”
- Practical matters
- Health and well-being
- How to learn more

Preparing for reunion...

What does it mean?

- talking about feelings
- sharing expectations
- helping children prepare



Reunion will be an emotional time—for all of you.

- young children
- older children
- spouses
- service members



Helping prepare children

Talk about:

- reunion day
- what happens after reunion
- feelings



How can loved ones

at home

- How have we changed?
- Did I do a good job?

- Will I have to give up
new interests?



Service members
need
to prepare, too.

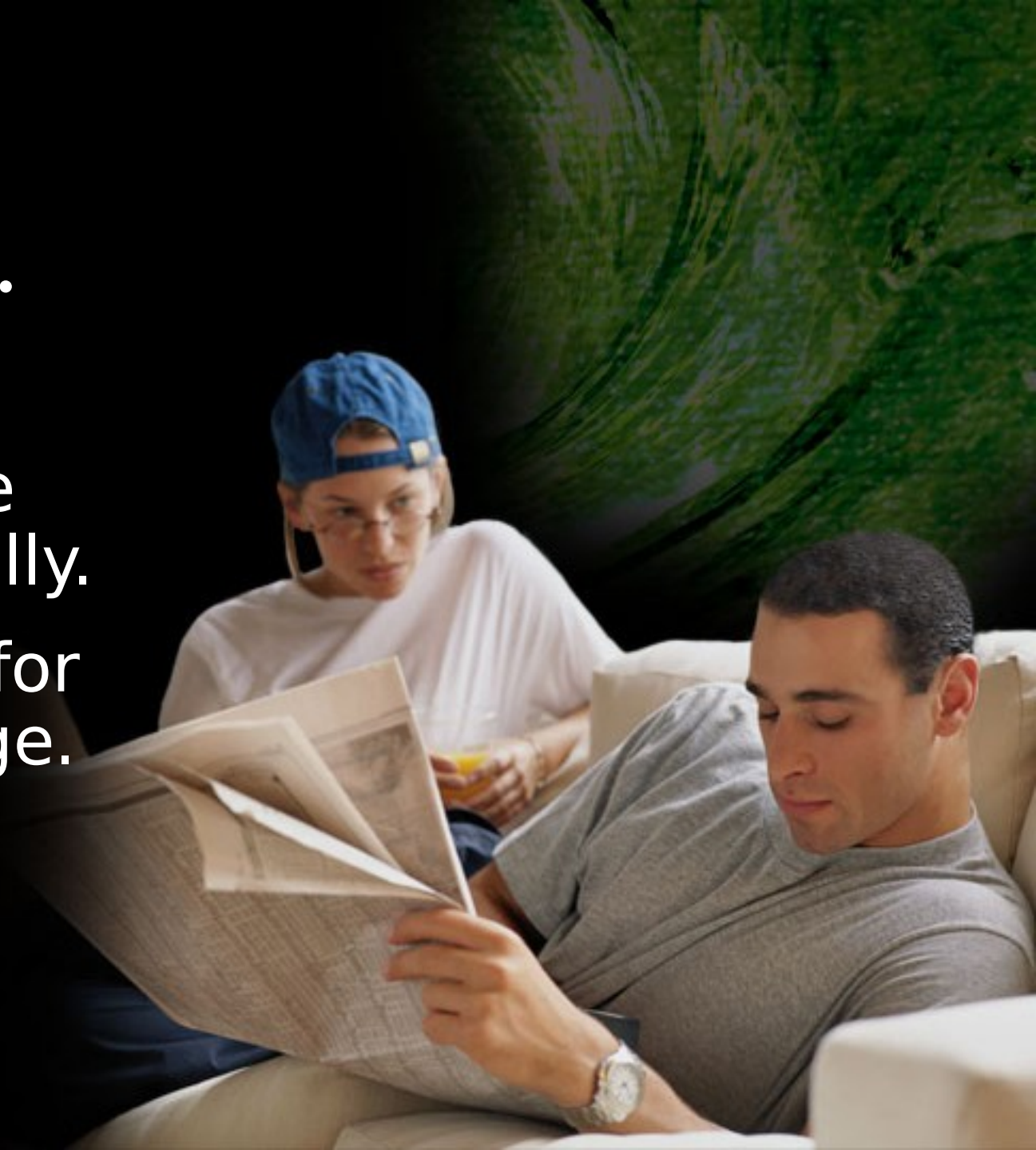
You may be
wondering:

- Will my family still need me?
- Will my children recognize me?
- Will my significant other resent me?
- Will I lose touch with my new friends?

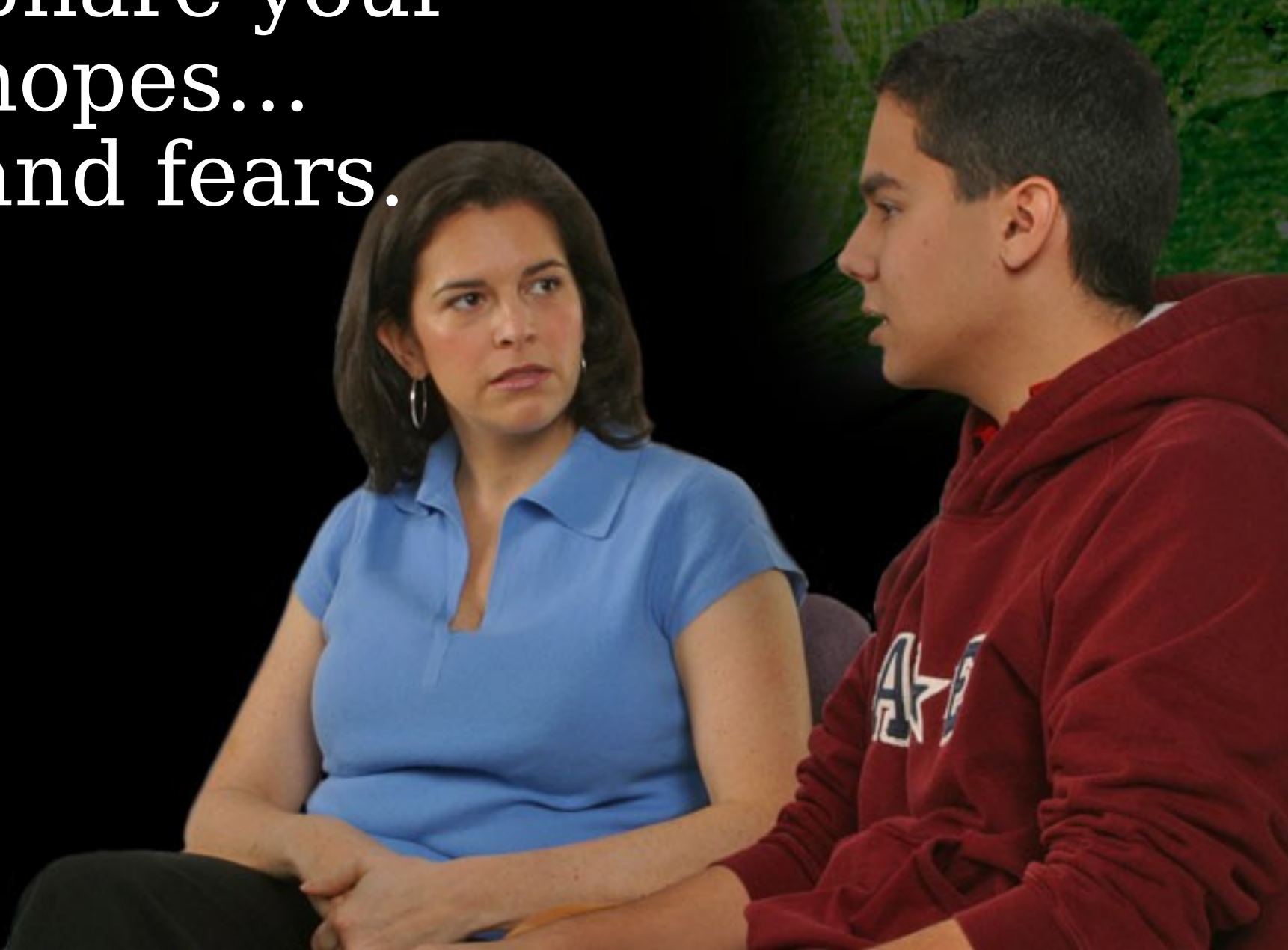


Be realistic.

- Expect change.
- Don't take it personally.
- Be ready for a challenge.



Share your
hopes...
and fears.



The big day is
here...
How will you
celebrate?



Handling emotions on reunion day



Plan to spend time with family and friends—one at a time.

- Think “family first.”
- Pay attention to children’s needs.
- Know when to slow down.



Getting back to “normal”



Take it slowly.

- Start small.
- Celebrate every day.
- Stay positive.



Accept changes.



Expect mixed feelings.

- loved ones at home
- service members
- children



Keep
talking.



What are your goals?



Reestablish a routine.



Take care of your family's health.



Dealing with stress



Watch for signs of stress.



Where to learn

more: www.af.mil or
www.afrc.af.mil (Reserves)

- Army: www.army.mil or
www.army.mil/usar (Reserves)
- Coast Guard: www.uscg.mil or
www.uscg.mil/hq/reserve/reshmpg.html
(Reserves)
- Marines: www.usmc.mil or
www.marforres.usmc.mil (Reserves)
- Navy: www.navy.mil or
www.navalreserve.com (Reserves)
- National Guard: www.arng.army.mil
(Army)
or www.ang.af.mil (Air)



To-do list

- Get ready for reunion.
- Help your family prepare.
- Stay positive—and be understanding.
- Enjoy reunion.

Any questions?